

# PE Knowledge and Skills Map – Year 5 – Academic Year 2023-24

## Autumn 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Invasion Games Tag Rugby</b>	<ul style="list-style-type: none"> <li>• Refine fundamental movement skills: <i>Running, turning, catching, throwing.</i></li> <li>• Introduction to the core skill required: <i>Ball handling, passing, catching, tagging.</i></li> <li>• Practise core skills in increasingly challenging situations and as part of game play.</li> <li>• Introduction to the basic game play rules.</li> <li>• Introduction to the basic game play tactics.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to perform the core skills: ✓ <i>What the skill should look like.</i></li> <li>✓ <i>Key coaching points.</i></li> <li>• Know the basic concept and rules for tag rugby.</li> <li>• Know the basic principles of attack and defence. ✓ <i>Attack – run &amp; dodge.</i> ✓ <i>Defence – take tags / force players out.</i></li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Develop a range of core life skills: (1) Self-management: ✓ <i>Can be trusted to get changed without direct supervision.</i> ✓ <i>Be ready and respectful when receiving instruction.</i> ✓ <i>Behave in a safe and appropriate manner.</i> ✓ <i>Tolerate and join in all activities.</i></li> <li>(2) Teamwork: ✓ <i>Work with a variety of different people.</i> ✓ <i>Work co-operatively &amp; collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Treat others with respect.</i></li> <li>(3) Communication: ✓ <i>Know when to speak and when to listen.</i> ✓ <i>Speak to others as you would like them to speak to you.</i> ✓ <i>Use positive, kind and encouraging words to others.</i></li> </ul>	<i>Speed Direction Dodge Pass Receive Ball handling Tag Try Off side Knocked forward Ground the ball Force out</i>
<b>Team Building</b>	<ul style="list-style-type: none"> <li>• Work with others to complete a series of physical challenges.</li> </ul>	<ul style="list-style-type: none"> <li>• Know what is meant by the term teamwork.</li> <li>• Know what skills / behaviours are needed for effective teamwork.</li> <li>• Know a range of strategies that can be used to resolve conflict / disagreements: ✓ <i>Negotiate</i> ✓ <i>Compromise</i> ✓ <i>Mediate</i> ✓ <i>Problem solve</i></li> </ul>		<i>Teamwork Co-operation Collaboration Problem Solving Negotiation Compromise Mediate Group Challenge</i>

## PE Knowledge and Skills Map – Year 5 – Academic Year 2023-24

### Autumn 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Sportshall Athletics</b>	<ul style="list-style-type: none"> <li>• Develop the core skills:               <ul style="list-style-type: none"> <li>✓ Throwing - Javelin</li> <li>✓ Jumping – Long jump</li> </ul> </li> <li>• Refine running technique and stamina:               <ul style="list-style-type: none"> <li>✓ Sprint - Technique</li> <li>✓ Running for sustained periods of time</li> </ul> </li> <li>• Experiment with different actions to see how they impact on performance:               <ul style="list-style-type: none"> <li>✓ Throwing – angle of release</li> </ul> </li> <li>• Participate in a SHA festival.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to perform the core skills:               <ul style="list-style-type: none"> <li>✓ What the skill should look like.</li> <li>✓ What constitutes a valid action.</li> </ul> </li> <li>✓ Key coaching points.</li> <li>• Know to pace themselves when asked to run long distance.</li> <li>• Know that changing a technique can alter performance.</li> <li>• Know how to measure SHA events.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Develop a range of core life skills:               <ol style="list-style-type: none"> <li>(1) Self-management:                   <ul style="list-style-type: none"> <li>✓ Can be trusted to get changed without direct supervision.</li> <li>✓ Participate in a safe manner.</li> <li>✓ Make good use of time to practise within the lesson.</li> <li>✓ Try your best &amp; set personal challenges.</li> </ul> </li> <li>(2) Communication:                   <ul style="list-style-type: none"> <li>✓ Discuss ideas.</li> <li>✓ Provide feedback on own &amp; others performance.</li> </ul> </li> <li>(3) Leadership:                   <ul style="list-style-type: none"> <li>✓ Organise groups.</li> <li>✓ Measure &amp; record results.</li> </ul> </li> <li>(4) Teamwork:                   <ul style="list-style-type: none"> <li>✓ Work co-operatively &amp; collaboratively with others.</li> <li>✓ Try your best and encourage others to do the same.</li> <li>✓ Support other members of the class.</li> </ul> </li> </ol> </li> </ul>	<p style="text-align: center;"><i>Launch</i> <i>Take off</i> <i>Landing</i> <i>Speed</i> <i>Acceleration</i> <i>Relay</i> <i>Change over</i> <i>Technique</i> <i>Valid action</i> <i>Coaching point</i> <i>Stamina</i> <i>Pace</i> <i>Power</i> <i>Force</i></p>
<b>Benchball / Dodgeball</b>	<ul style="list-style-type: none"> <li>• Participate in competitive games of:               <ul style="list-style-type: none"> <li>✓ Benchball</li> <li>✓ Dodgeball</li> </ul> </li> <li>• Practise throwing &amp; catching in pressured situations - during competitive game play.</li> <li>• Practise selecting the right throwing action for the game / situation:               <ul style="list-style-type: none"> <li>✓ Throwing to</li> <li>✓ Throwing at</li> <li>✓ Passing</li> </ul> </li> <li>• Introduction of offensive and defensive game play tactics and attempt to put these into Practise when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the basic concept and rules of:               <ul style="list-style-type: none"> <li>✓ Benchball</li> <li>✓ Dodgeball</li> </ul> </li> <li>• Know how to perform various throwing actions and when each should be used.</li> <li>• Know tactics linked to offensive and defensive play in benchball.</li> <li>• Know tactics linked to offensive and defensive play in dodgeball.</li> </ul>		<p style="text-align: center;"><i>Throw</i> <i>Underarm</i> <i>Overarm</i> <i>Jump throw</i> <i>Overhead pass / lob</i> <i>Direct Hit</i> <i>On the Fly</i> <i>Live Ball</i> <i>Dodge</i> <i>Catch</i> <i>Deflect</i> <i>Intercept</i> <i>Concept</i> <i>Rule</i> <i>Tactics</i></p>

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### Spring 1

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<b>Basketball</b>	<ul style="list-style-type: none"> <li>• Introduction to the core skills required: <i>Passing, dribbling, shooting.</i></li> <li>• Practise core skills in isolation and as part of game play (through modified and small sided games).</li> <li>• Apply game play rules and skills in small-sided games.</li> <li>• Introduction to defensive play strategies and attempt to put these into practise when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to perform the core skills: ✓ <i>What the skill should look like.</i></li> <li>✓ <i>Key coaching points.</i></li> <li>• Know the basic concept and rules for basketball.</li> <li>• Know what is meant by the terms: ✓ <i>1v1 marking</i> ✓ <i>Zone defence</i> and explain how to implement each strategy.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Know how to manage own game play experience: ✓ <i>Organise &amp; officiate own games.</i></li> <li>✓ <i>Compromise.</i></li> <li>✓ <i>Mediate &amp; resolve conflict.</i></li> <li>• Develop a range of core life skills: (1) Self-management: ✓ <i>Behave in a safe and appropriate manner.</i> ✓ <i>Tolerate and attempt all activities.</i> ✓ <i>Make good use of time within the lesson to practise.</i> (2) Communication: ✓ <i>Discuss ideas.</i> ✓ <i>Provide feedback on own &amp; others performance.</i> (3) Teamwork: ✓ <i>Work co-operatively &amp; collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Practise both leading &amp; following.</i> ✓ <i>Compromise.</i></li> </ul>	<p><i>Chest pass</i> <i>Bounce pass</i> <i>Dribble</i> <i>Guard</i> <i>Block</i> <i>Footwork</i> <i>Travel</i> <i>Lay up</i> <i>Shoot</i> <i>Possession</i> <i>Attacking</i> <i>1 v 1 Marking</i> <i>Zone Defence</i> <i>Tip off / Jump ball</i> <i>Foul</i></p>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Practise counting and moving in time to the beat.</li> <li>• Copy, practise and perform routines linked to existing dance traditions.</li> <li>• Experience moving in different ways.</li> <li>• Use an add-on approach to learning new dance routines.</li> <li>• Develop performance skills.</li> <li>• Create, practise and perform short routines based on existing dance traditions.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that different styles of dance originated from different places.</li> <li>• Know how to count and move in time to the music.</li> <li>• Know that repetitive practise is key to learning set dance routines.</li> <li>• Know the steps to follow when choreographing a dance routine.</li> </ul>		<p><i>Count</i> <i>Timing</i> <i>Beat</i> <i>Pattern</i> <i>Movement</i> <i>Sequence</i> <i>Formation</i> <i>Travel</i> <i>Rhythm</i> <i>Routine</i> <i>Performance</i></p>

## PE Knowledge and Skills Map – Year 5 – Academic Year 2023-24

### Spring 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Invasion Games Lacrosse</b>	<ul style="list-style-type: none"> <li>• Introduction to the core skills required: <i>Racking, scooping, running, passing, shooting.</i></li> <li>• Practise core skills in isolation and as part of game play (through modified and small sided games).</li> <li>• Introduction to the basic rules.</li> <li>• Introduction to offensive and defensive game play tactics and attempt to put these into practise when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to correctly hold a lacrosse stick.</li> <li>• Know how to perform the core skills: ✓ <i>What the skill should look like.</i></li> <li>✓ <i>Key coaching points.</i></li> <li>• Know the basic concept and rules of pop lacrosse.</li> <li>• Know tactics linked to offensive and defensive play.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Develop a range of core life skills: (1) Self-management: ✓ <i>Participate in a safe manner.</i> ✓ <i>Be trusted to move around the school site without direct supervision.</i> (2) Communication: ✓ <i>Know when to talk &amp; when to listen.</i> ✓ <i>Share knowledge and ideas.</i> ✓ <i>Provide guidance &amp; instruction.</i> (1) Teamwork: ✓ <i>Work with a variety of different people.</i> ✓ <i>Work co-operatively &amp; collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i> ✓ <i>Treat others with respect.</i> ✓ <i>Practise both leading &amp; following.</i> ✓ <i>Support other members of the class.</i></li> </ul>	<p style="text-align: center;"><i>Rack</i> <i>Scoop</i> <i>Run</i> <i>Pass</i> <i>Catch</i> <i>Centre pass</i> <i>Goal crease</i> <i>Out of Bounds</i> <i>Trap / guarding</i> <i>Dangerous propulsion / follow through</i> <i>Foul</i> <i>Possession</i></p>
<b>OAA Orienteering</b>	<ul style="list-style-type: none"> <li>• Develop the physical skills needed for orienteering: <i>moving whilst looking at a map.</i></li> <li>• Develop the core skills required: <i>Map reading, thumbing &amp; orientating the map, following routes, information retrieval.</i></li> <li>• Practise following simple routes.</li> <li>• Practise visiting controls and retrieving information.</li> <li>• Participate in a range of orienteering challenges. ✓ <i>Star courses</i> ✓ <i>Time trials</i> ✓ <i>Site mapping</i></li> </ul>	<ul style="list-style-type: none"> <li>• Know how to use compass directions to orientate a map and give directions.</li> <li>• Know colours and symbols used on orienteering maps: ✓ <i>Start point</i> ✓ <i>End point</i> ✓ <i>Key landmarks</i></li> <li>• Know how to perform the core skills: ✓ <i>Map reading</i> ✓ <i>Thumbing the route &amp; orientating the map</i> ✓ <i>Following set routes</i> ✓ <i>Visiting controls &amp; retrieving information</i></li> </ul>		<p style="text-align: center;"><i>Map</i> <i>Key</i> <i>Symbols</i> <i>Landmarks</i> <i>Features</i> <i>Thumbing</i> <i>Orientating</i> <i>Compass Direction</i> <i>Route</i> <i>Star Course</i> <i>Control</i> <i>Retrieve</i> <i>Mapping</i> <i>Symbols</i> <i>Relay</i> <i>Time trial</i></p>

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### Summer 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Golf</b>	<ul style="list-style-type: none"> <li>• Introduction to the core skills required: <i>chipping, putting.</i></li> <li>• Practise hitting the ball different: ✓ Distances ✓ Directions ✓ Heights</li> <li>• Practise core skills in increasingly challenging situations.</li> <li>• Participate in a tri-golf mini festival.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to stay safe when participating in golf lessons.</li> <li>• Know how to correctly hold a golf club.</li> <li>• Know how to send a ball in a set direction.</li> <li>• Know how to change the distance a ball travels.</li> <li>• Know where to make contact with the ball to get it to leave the ground.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Know how to manage own game play experience: ✓ Organise &amp; officiate own games. ✓ Create your own games / challenges.</li> <li>• Develop a range of core life skills: (2) Self-management: ✓ Demonstrate how to stay safe in the sun. ✓ Participate in a safe manner. ✓ Tolerate and attempt all activities. ✓ Try your best &amp; set personal challenges. ✓ Play by the rules. ✓ Accept the outcome.</li> <li>(3) Teamwork: ✓ Work co-operatively &amp; collaboratively with others. ✓ Try your best and encourage others to do the same. ✓ Treat others with respect.</li> </ul>	<p style="text-align: center;"><i>Club Chipper Putter Tee Green Hot Dog Grip Chip Putt Drive Swing</i></p>
<b>Invasion Games Handball</b>	<ul style="list-style-type: none"> <li>• Develop throwing actions: ✓ Bounce pass ✓ Overhead pass ✓ Jump pass</li> <li>• Practise selecting the right throwing action for the situation.</li> <li>• Practise passing on the move.</li> <li>• Practise core skills in increasingly challenging situations.</li> <li>• Develop understanding of game rules and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to perform the core skills: ✓ What the skill should look like ✓ Key coaching points</li> <li>• Know the basic concept and rules for handball.</li> <li>• Know the rules for passing and receiving a ball on the move.</li> <li>• Know the basic rules around who can and cannot enter the goal area and what action should be taken in each instance.</li> <li>• Know tactics linked to offensive and defensive play.</li> </ul>		<p style="text-align: center;"><i>Throw Catch Pass Bounce pass Overhead pass Jump pass Shoot Throw off Travelling Foot fault Intercept Block Semi – Circle Contact</i></p>

## PE Knowledge and Skills Map – Year 5 – Academic Year 2023-24

### Summer 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Striking and Fielding Rounders</b>	<ul style="list-style-type: none"> <li>Develop the core skills required: Throwing &amp; catching, underarm bowling, batting, fielding.</li> <li>Practise core skills in isolation and as part of game play (through modified and small sided games).</li> <li>Apply basic game play rules and skills in small-sided games.</li> <li>Introduction to the basic tactics of batting and fielding.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to perform the core skills:               <ul style="list-style-type: none"> <li>✓ What the skill should look like</li> <li>✓ Key coaching points</li> </ul> </li> <li>Know the basic concept and rules for cricket.</li> <li>Know the basic principles of batting &amp; fielding:               <ul style="list-style-type: none"> <li>✓ Batting – swing to strike ball / hit into space / run to score.</li> <li>✓ Fielding – return ball to bowler / stump post or catch out / stop batter from scoring runs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Know that participation in PE / Sport can help develop key life skills.</li> <li>Know how to manage own game play experience:               <ul style="list-style-type: none"> <li>✓ Allow others to join.</li> <li>✓ Turn taking.</li> <li>✓ Organise &amp; officiate own games.</li> <li>✓ Compromise.</li> </ul> </li> <li>Develop a range of core life skills:               <ol style="list-style-type: none"> <li>Self-management:                   <ul style="list-style-type: none"> <li>✓ Demonstrate how to stay safe in the sun.</li> <li>✓ Participate in a safe manner.</li> <li>✓ Make good use of time within the lesson to practise.</li> <li>✓ Tolerate and attempt all activities.</li> </ul> </li> <li>Teamwork:                   <ul style="list-style-type: none"> <li>✓ Play by the rules.</li> <li>✓ Accept the outcome.</li> </ul> </li> </ol> </li> <li> <ol style="list-style-type: none"> <li>Teamwork:                   <ul style="list-style-type: none"> <li>✓ Work co-operatively &amp; collaboratively with others.</li> <li>✓ Try your best &amp; encourage others to do the same.</li> <li>✓ Treat others with respect.</li> </ul> </li> </ol> </li> </ul>	<p style="text-align: center;"><i>Throw Catch Pass Stump Out Safe Run out Rounder Relay Underarm Over arm Deep field</i></p>
<b>Sports Day Preparation</b>	<ul style="list-style-type: none"> <li>To practise the challenges that will be part of the whole school sports day (School Games afternoon).</li> <li>To participate in a timed sprint challenge.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to safely participate in each activity.</li> <li>Know how each event is scored.</li> <li>Know how to perform each task:               <ul style="list-style-type: none"> <li>✓ What to do</li> <li>✓ The rules of the game</li> <li>✓ Key coaching points</li> </ul> </li> </ul>		<p style="text-align: center;"><i>Challenge Sprint Carousel Teamwork Sportsmanship Honesty Fairplay Encouragement</i></p>